



# Weight Management & Healthy Lifestyle Programs

at Connecticut Children's

For children under 18 on the state of Connecticut health plan

## About the Program

Connecticut Children's is partnering with the state of Connecticut health plan to offer a weight management program tailored to children, teens, and their families. These programs are designed to suit the specific needs of each child, considering factors such as age, BMI, and family requirements.

## How to Get Started

Contact the Weight Management Coordinator by phone or email. They will request lab work and information from your pediatrician.

After receiving all the necessary information, an appointment will be scheduled at the Screening Clinic. During this visit, a pediatrician will review your child's lab work and address any medical questions. A pediatric psychologist will also meet with you to discuss available weight management strategies.

## Session Locations:

### Hartford

- 100 Retreat Ave, Suite 500 & 505

### Farmington

- 505 Farmington Ave, 1st Floor

### Westport

- 191 Post Road

### Shelton

- 4 Corporate Drive, 2nd Floor, Suite 282

## Early intervention is the key

A child with obesity has about a 70% chance of becoming an adult with obesity. When a child with obesity becomes an adult with obesity, it is very difficult to lose weight.

*Adolescents with obesity are at higher risk for:*

- Cardiovascular disease
- High blood pressure
- Diabetes
- Depression
- Negative self-image
- Orthopaedic problems
- Sleep disorders

For more information, please call Connecticut Children's Coordinator at:  
**860-837-6717** or [obesity@connecticutchildrens.org](mailto:obesity@connecticutchildrens.org)